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## TABLE OF CONTENTS

Expanding Consciousness	
Lecture by Richard P. Goodwin	3
Book Review	
by Duncan Robertson	5
Student's Corner	
by Bee Dorbandt	T
Fundamental Facts of Spiritualism	
by A. Campbell Holms	8
Visitors Views	
Spiritualist Dictionary	$\dots, \dots, 10$
Proverb by The Wise One	$\dots \dots H$
Prayer for Spiritual Healing	
Healing Hands	A STATE OF THE STA
by Miriam Bostwick	
News and Views	
by Duncan Robertson	
A Guide to Mediumship	12
by E. W. & M. H. Wallis	
Evolution Spiritually Interpreted	18
by Andrew Jackson Davis The A.B.C. of Spiritualism	10
by B. F. Austin, A.M., D.D	19
Cook Rook Capere	
Cook Book Capers by Edie Faubel	22
Invocation	
Busy Bees	
by Bee Dorbandt	24
Declaration of Principles	
Proverb by The Wise One	
Recoming a Crimitualist	
by H. Gordon Burroughs	27
Lest We Forget	28
1001 3101	
Fables for Young and Old	31
Serenity Books	
Ever-Recurring Questions	
by Andrew Jackson Davis	

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Expand Lect	ing Consc	iousness	Goodw <mark>in</mark> .			4			
► Book R	eview								
Student	's Corner	- 15 But - 10				7			
Fundan by A	ienta'								
Visitors Spiritua	L	Co	mbin	ati	on				
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## EXPANDING CONSCIOUSNESS

A lecture given at Serenity Spiritualist Church on August 5, 1973 through the Mediumship of Richard P. Goodwin

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pic of the month. And Gift Subscriptions v teacher in the world your consciousness?" We name ciousness means God. (Please Print) address s, while we are here ur awareness of this One Year (12 issues) \$3.70 at way we ask the ☐ Two Years (24 issues) \$6.90 or understanding ☐ Three Years (36 issues) \$10.10 know that man. Add \$1.25 per subscription year for Foreign r that records all Postage, except Canada, U.S. Possessions, APOs. t we have been and FPOs. Canadians add exchange rate difference. un things that we My check money order in the amount olition, our own of \$ \_\_\_\_\_ is enclosed as payment. ourselves a limitan thoughts, ideas. (Please Print) issible, we ask, to address e already condiwhat to reject? one two three years ought, that good sign gift card "from": l experiences and ith the good that s no experience, he Divine Intellierstanding of the one two three years d within himself Nith each person sign gift card "from": the experiences of ing is the possibility d, for its opposite is reater understanding \_\_\_\_ one \_\_\_ two \_\_\_ three years \_\_\_\_

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## EXPANDING CONSCIOUSNESS

A lecture given at Serenity Spiritualist Church on August 5, 1973 through the Mediumship of Richard P. Goodwin

On the first of the month it is my duty, responsibility and pleasure to serve as the lecturer for the discussion, the topic of the month. And this morning the topic that has been chosen by my teacher in the world

of spirit is "Expanding Consciousness."

What is meant in those words "expanding consciousness?" We understand in this Association that the word consciousness means God, the Divine, the Infinite Intelligence. And so it is, while we are here encased in flesh that we are striving to expand our awareness of this Divine, this God that is everywhere present. In what way we ask the question may we best expand or broaden our horizon or understanding of the Divine presence, this Infinite Intelligence? We know that man, our mind, is perhaps likened unto a great computer that records all things and loses in truth nothing. We know that we have been programmed in our minds to accept or to reject certain things that we experience in life. And so it is, that by our own volition, our own choice and our own will, we have established within ourselves a limitation for we have established that we will accept certain thoughts, ideas, and experiences and we will reject others. How is it possible, we ask, to expand, to broaden our understanding when we are already conditioned from childhood on in what to accept and in what to reject? When we consider accepting in our mind, in our thought, that good exists and expresses in all things, at all times and in all experiences and all places, then we will become in tune, in rapport, with the good that exists in all things. For if God IS God, then there is no experience, there is no place, there is no thought in which God, the Divine Intelligence, is not expressing itself. Through a lack of understanding of the Divine principle known as creation, man has decided within himself what is beneficial to him and what is detrimental. With each person those decisions, those values change according to the experiences of each person.

What we are trying to share with you this morning is the possibility of entertaining in thought what is known as good, for its opposite is nothing more than undeveloped. When we seek a greater understanding

(Continued on Page 4)

(Continued from Page 3)

than we have so far awakened to, we will broaden our horizons, expand our consciousness, and our God will become, in our being, a universal God – a God of freedom and a God of peace – a God that does not reject and a God that does not deny. My good friends, it is our rejection and our denial that causes all of our problems. Whatever we are seeking, again and again it has been stated, is also seeking us. Like the hands of the clock of time, every so often they meet. But because of our limited expression of the Divine understanding, we reject so many things that come to our lives. We reject them because we do not understand them. We entertain in thought a mass vibration of constant fear and negation; fear of so-called shortages; fear of governments; fear of people; fear of our job; fear of money; fear of so-called death. And, yea, what is it all, my friends, but fear of life herself. What is it that causes this fear and causes us to express such negation into the world? It is simply a lack of understanding that there is one power, there is one God, there is one Divine Intelligence that does not deny any good that you seek in your life. The only reason that we do not ofttimes experience what we desire to experience is because we reject the channels or the people through which this experience may be made possible in our lives. When we ask God for so many things and then we deny the people through which the Divine Intelligence expresses the good that we are seeking, then, my friends, we are in a constant state of contradiction. Wise is the man who chooses to understand himself and stops entertaining the thought that he must understand his wife, husband, children, society, the government, and everyone else. The reason, my friends, we can't understand the people that we seem to be so attached or close to is because we don't understand ourselves. And in not understanding ourselves, the people we look at become the mirrors, reflecting, of course, our own state of consciousness. When we spend a little more time looking for God inside, we will know God outside. But, my friends, you can travel across the universes seeking for what you call God and peace that passeth all understanding. You won't find it out there. The universe is kind of like a Christmas tree to a five-year old at Christmas time. There are so many things to choose from, you don't know really what to choose. Let us grow up mentally, my friends, and emotionally. Let us become the adults that our physical beings are. Let us recognize and realize that this life is the one eternal life; that it is ever as we make it; that it is always as we take it; that there is nothing (Continued on Page 29)

## Book Review



## "HANDBOOK TO HIGHER CONSCIOUSNESS" by Ken Keyes, Jr., Living Love Center, Berkeley, California Reviewed by Duncan Robertson

"Serenity is the end — and serenity is also the means — by which you live effectively. By fully tuning in to the now moment in your life you will discover that you always have enough to enjoy every moment of your life." No, it is not a quote from one of our church lectures, but from a new paperback entitled *Handbook to Higher Consciousness*. The book is a practical guide to anyone seeking to re-organize their

thoughts in a spiritual way.

Ken Keyes, Jr., has developed a philosophy which he calls "Living Love" (sound familiar?) and which is based upon expanding of consciousness to the point of becoming at one with all things — "cosmic consciousness." His book, however, does not dwell on the philosophy aspects of his teachings but moves directly into day-to-day application and, so, is well titled. It provides to the reader, in simple, straight forward terms a way to apply his religion or philosophy in his life —

whatever that philosophy might be.

Keyes describes seven centers of consciousness — levels of the individual's conscious state — and where expression through any one of the centers may be expected to lead — their effects: "Security, sensation, power, love, cornucopia and cosmic." The brain is described as the "biocomputer." "Your mind creates your universe. Your expectations, demands, hopes, fears, addictions, motivations, past experience, your language system, your individual accumulation of ideas, theories, and intellectual stuff, your emotions, the structure and functioning of your nervous system and the feedback from your entire body all interact in a (Continued on Page 34)

#### **VERSES WRITTEN IN 1872**

by Robert Louis Stevenson

Though he that, ever kind and true,
Kept stoutly step by step with you,
Your whole long, gusty lifetime through,
Be gone a while before—
Be now a moment gone before—
Yet doubt not; soon the season shall restore
Your friend to you.

He has but turned the corner—still
He pushes on with right good will
Through mire and marsh, by heugh and hill
That selfsame arduous way—
That selfsame, upland, hopeful way,
That you and he, through many a doubtful day
Attempted still.

He is not dead—this friend—not dead,
But in the path we mortals tread
God some few trifling steps ahead,
And nearer to the end;
So that you, too, once past the bend,
Shall meet again, as face to face, this friend
You fancy dead.

Push gaily on, brave heart, the while
You travel forward mile by mile,
He loiters, with a backward smile,
Till you can overtake;
And strains his eyes to search his wake,
Or, whistling as he sees you through the brake,
Waits on a stile.

## Student's Corner



by Bee Dorbandt

When we look at the world around and about us, can we doubt that Divine Intelligence (Love) is in everything that we see and also in the worlds we cannot see because our spiritual vision has not opened to that level of awareness?

Ralph Waldo Emerson wrote, "We are swimming in a sea of intelligence." Divine Intelligence (God) is the Love that holds all things in space — the love that will never let us down — cannot let us down, as we are part of it — the same in quality, lesser in quantity. Just as the drop of water is part of the great sea, so is each soul a part of the great Oversoul, a universe and law unto itself.

When we learn to become aware of other dimensions, Mother Nature will reveal her secrets to us as she does to those who have eyes to see and ears to hear. She will heal us of our egotism as we recognize Divine Love in all of the kingdoms and universes in space and that the human kingdom is but one of the many kingdoms of God.

Divine Love has provided us with all that is needed in this life experience to life everlasting or as has been written, to "world withoutend." We will learn from the caterpillar's metamorphosis of the change of form; from the rocks and stones the wisdom of patience; from the flower kingdom, harmony and purity; from the lakes and rivers, Divine flow; from the seas and oceans, the laws of compensation and the return of bread cast on the waters of charity; from the trees and forests meditation and worship, growing gracefully and silently upward to new, and ever new, awareness of Divine Intelligence, manifesting in variety to complete the whole.

When we use the Faculty of Reason, she will transfigure us, indeed, by teaching us responsibility to ourselves and others and we will radiate Light and Total Consideration to all of Life. Life and Light are one and the same — Truth!

## THE FUNDAMENTAL FACTS OF SPIRITUALISM

by A. Campbell Holms

#### HAUNTING SPIRITS

The phenomenon of the haunted house is familiar to everyone, if not by personal experience, by the numerous ghost stories one hears or reads. There is an immense amount of literature in all languages on the subject, and the truth of many of the accounts is so well vouched for that no serious enquirer can doubt it. The cause of haunting is obscure. It is probably due in most cases to troubled earthbound spirits who, finding little happiness in spirit life and failing to progress, are fain to return to the familiar scenes of earth life. Apparently in most cases the cause inciting or compelling them to return is that they are filled with regrets or remorse for an ill-spent life or some selfish act or crime they have committed, and, through constantly brooding over it, are attracted to the place of its commission.

Haunting spirits may come and go for long periods regardless of the presence or absence of observers. Like the materialized spirits of the seance room, if they are interfered with, they vanish. In the presence of a medium they and their manifestations gain strength. In many cases they have been interviewed by a medium and have related the cause of their trouble; and sometimes, by carrying out some simple desire, the need for which they seem to entertain as a sort of hallucination, their minds have been set at rest and they have quickly given up the haunting habit.

## **POLTERGEISTS**

Among our fellow creatures, civilized and barbarian, there are many who delight in a practical joke. With brutal unsympathetic people the more mischief the greater the fun, and when such people die they take their mischevous propensities with them undiminished, and may still indulge their delight in horseplay by producing the manifestations known as "poltergeist disturbances".

The German word, poltergeist, means literally a boisterous ghost; it is an appropriate term because the manifestations are often of a wild, mischievous and destructive character. They take many forms, (Continued on Page 14)

Visitors Views



"The message presented this morning is an all encompassing treaty to promote a very happy, serene and worthwhile existence." B. D.

"It is very wonderful. I just wish I could have had a reading from Mr. Goodwin but maybe my mind is too cluttered with other things. I need help in all areas." Barbara

"I came today feeling slightly despondent and believe it or not I

feel much better.'

"A most interesting demonstration of ability. The atmosphere of

Serenity was evident throughout the service."

"At first I was pretty skeptical but after the service I feel (oddly enough) very peaceful and I feel like I have found something. I knew I was going to receive a message, and when I did, I almost had a heart attack it was so dramatic."

"Thank you for a wonderfully peaceful, happy, and in fact, joyous service. It is a wonderful work." O.K.W.

"I really enjoyed the service and I have a great belief in Serenity. It's very different from any other service I've attended."

"Very impressed. I'm new to Serenity but think it might be the answer for me." J. A.

"Lecture was marvelous."

"I thought the service was very interesting. The church seems so calm and serene. It seems as if you're on a different earth. I really enjoyed it very much."

"This is the second time we've attended and it seemed more spiritual

and loving than the first time."

#### SPIRITUALIST DICTIONARY

## Theory of Knowledge:

That branch of philosophy which deals with the possibility of our knowing the exterior world, as distinct from the knowledge contributed by our own minds.

### Mormonism:

(Church of Jesus Christ of Latterday Saints) A religion of modern times founded by Joseph Smith in 1830, after receiving a revelation concerning a portion of the lost ten Jewish tribes, who after fighting among themselves were supposed to have landed in America. The name was taken from an alleged fifth century A.D. scripture, telling of a prophet Mormon and his son Moroni who hid the records which were engraved on gold plates. Smith formed a self-supporting community at Utah, Salt Lake City, with their own laws and regulations. Polygamy was instituted in a effort to stimulate their numbers at , first, but has now been discontinued.

## Yin and Yang:

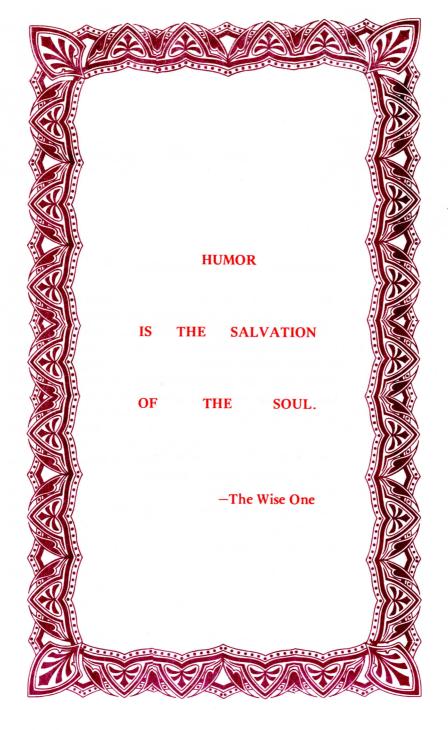
Ancient Chinese cosmic principles of duality, the interplay of which was held to form the background of human experience. Interpretation of any possible Yin-Yang experience is worked out by a divination technique known as the 'I Ching'.

### Second Death:

As the soul leaves the earth body for further development in a higher spirit sphere, so it is sometimes said there takes place a similar refinement of personality on passing to the next sphere above. This is a joyful occasion for the spirit people concerned.

### Seer:

A natural clairvoyant or prophet.



## PRAYER FOR SPIRITUAL HEALING

I ask the great Unseen Healing Force
To remove all obstructions
From my mind and body
And to restore me to perfect health.
I ask this in all sincerity and honesty
And I will do my part.

I ask this great Unseen Healing Force
To help both present and absent ones
Who are in need of help
And to restore them to perfect health.
I put my trust
In the Love and Power of God.

# Healing Hands



by Miriam Bostwick

With the ever increasing number of spiritual healers and the wider acceptance among the general population of the unlimited potential of the Divine Healing energy in accomplishing its so-called miracles, it is anticipated that greater attention will also be directed to the health of our four-legged friends as well. Serenity, with its proposed animal healing chapel, in its new church setting of the near future, will no doubt exert leadership among Spiritualists in this regard.

England has long recognized that man, as the highest form on this planet, has the responsibility to provide spiritual healing for the lower orders of the kingdom and it already has chapels and hospitals with

many dedicated workers.

While animals may be unaware of the laws governing the channeling of healing energy, they nevertheless make grateful and very responsive patients. It is through the universal and magnetic law of love that rapport is established and maintained between animal and healer, thus enabling the spirit doctors to carry out their work on the animals in another dimension. While some special consideration must be taken into account in the actual working with an animal; his aura is less pronounced than that of man, he may react to the unfamiliar sensations in his fur which he experiences during the healing process, he may choose not to remain passive but move about, etc., any differences between man and animal with respect to the application of the healing principles are superficial. There is only one spirit, one power flowing through all living forms and this energy is used by the spirit doctors in essentially the same way, whether the patient be two-legged or four-legged.

(Continued from Page 8)

the commonest is the throwing of stones or other objects within or around a particular house, the breaking of windows or crockery, distracting noises, the ringing of bells, the derangement of household furniture; more rarely the sprinkling of water, setting fire to property, etc. They have occurred at all periods of the world's history. The poor past centuries witches have often made the victims, for, in the absence of any assignable cause for the disturbance, any old woman or child who seemed to be associated with it was blamed as the originator and burned as a witch.

The literature of Spiritualism abounds with well authenticated accounts of poltergeist phenomena. They are extraordinarily numerous, and, indeed, are probably of daily occurrence somewhere in the world. The ignorant commonly attribute them to practical jokers, an assumption which strengthened by newspaper accounts, in which, after a few humorous articles, it is usually jocosely announced that a confession has been made by some irresponsible young person supposed to be implicated. Though the facts are plainly of a nature entirely beyond the capabilities of any human being, and may be attested by dozens of intelligent people, the bogus confession is always gladly accepted by the ignorant public.

There are few physical phenomena better established than that of the poltergeist. These and allied cases of haunting, have occurred so often under the eyes of competent observers and have been so well and continuously recorded in current literature that only the ignorant and the credulous now accept the practical joker as an explanation.

Poltergeist phenomena do not seem invariably to require the actual presence of a medium, although they are usually clearly dependent on some one who is a medium and who is usually resident in the house. They are much more impressive than seance room phenomena, because the effects produced are more prodigious and are not subject to the limitations of the seance room, where little can be accomplished without a powerful medium, comparative darkness and suitable sitters. They may continue day after day, for hours together, in bright daylight, in the presence of crowds of hostile spectators. In fact, just as the artificial thunder and lightning of the laboratory are feeble compared with those of nature, so are the evoked phenomena of the seance room feeble in comparison with those spontaneously produced by the poltergeist. It is because of their independence of conditions and their spontaneous character that they are so impressive; they indicate clearly the actual presence of invisible spirit beings, possessing extraordinary power over matter.



by Duncan Robertson

"Like attracts like and becomes the Law of Attachment," so is the teaching of *The Living Light*. Along that line two interesting and somewhat parallel articles have emerged in recent national publications.

Psychic Magazine in its August issue, reports that psychic Anne Armstrong, a frequent participant in university sponsored psychic symposia, claims that accident prone individuals are usually "very unhappy." "If you ask them how they feel, they say they are fine," she explains, "but they are really charged up with negative feelings and they attract trouble in the form of accidents."

Meanwhile, half way around the world, Dr. Hans Bender, a psychologist as well as a physician and director of the Institute of Parapsychology at Freiberg University, West Germany, claims to have linked the so-called poltergeist phenomena with youngsters under great emotional stress. Bender says, "The evidence we have indicates that these unnerving experiences really do happen — we don't know yet how or why. But we feel we are coming close to the answers.......We do know, though, that these occurences almost always involve adolescents under great emotional tension. Once they relax, the phenomena stop." The article appeared in the August 25 issue of the National Enquirer. A bill to sanction and set up guidelines for the administration of the

A bill to sanction and set up guidelines for the administration of the professional use of acupuncture has cleared the Nevada State Legislature and is now awaiting the signature of Governor Mike O'Callaghan. The bill outlines a system for the licensing of those experienced in the use of acupuncture on patients and, if passed, would make Nevada the first state to sanction the ancient Chinese practice.

"There is this difference between happiness and wisdom, that he that thinks himself the happiest man, really is so; but he that thinks himself the wisest, is generally the greatest fool."

### A GUIDE TO MEDIUMSHIP AND PSYCHICAL UNFOLDMENT

by E. W. & M. H. Wallis

## Continued from last issue-

Truly repentant spirits find plenty of helpers on the other side; and those who desire to aid their fellow-men should turn their attention to practical reform, teaching, and helpfulness to those around them in this world who need sympathy and brotherly service. The best method of decreasing the army of low spirits is to assist them to rise in this world before they go to spirit life. If we stop sending liars and knaves and self-righteous hypocrites into the other life there will soon be few to come back and obsess mediums. It is only under very exceptional circumstances, and with a well-developed and carefully-guarded and guided medium, that such seances as we have referred to should be held, and then only when advised by wise and powerful spirit friends.

## Apprenticeship Needed

One frequent cause of trouble has been the tendency to rush young mediums into public work too soon. Painful experiences are often permitted to immature mediums by their spirit friends to teach them a needed and salutary lesson, viz., to retire into the private circle and serve their apprenticeship, so that they may secure proper development before they essay to become public representatives. They should avoid sitting for control when physically exhausted, or with sitters against whom they are warned by their impressions. They must learn to say 'no' with decision; and never yield to the selfish importunities of unwise friends or 'phenomena hunters.'

The true friends of mediums will assist them in their endeavors to conserve their energies and guard against mistakes. Appreciation is welcome to us all, especially to sensitives; and cold neglect, or unresponsive reserve, chills and wounds the highly-strung medium. Yet flattery and undiscriminating praise are likely to be equally injurious, by gratifying and stimulating the vanity and egotism of those who should modestly use their powers for the good of others. Here, as everywhere else, tact and judgment and kindly sympathy will work wonders.

(Continued on Page 21)

## HIDDEN TREASURE

-Anonymous

" 'Twas long ago I read the story sweet -Of how the German mothers, o'er the sea, Wind in, throughout the yarn their girlies knit, Some trinkets small, and tiny shining coins, That when the little fingers weary grow, And fain would lay aside the tiresome task, From out the ball will drop the hidden gift, To please and urge them on in search for more, And so, I think, the Father kind above Winds in and out the skein of life we weave. Through all the years, bright tokens of His love, That when we weary grow and long for rest They help to cheer and urge us on for more; And far adown within the ball we find, When all the threads of life at last are spun, The grandest gift of all - eternal life."

### FROM FIRE-MIST TO MAN

## **EVOLUTION SPIRITUALLY INTERPRETED**

by Andrew Jackson Davis

Continued from last issue-

The original conception of the Trinity arose from the three supposed beings called Parama, Vishnu, and Siva, which are no more nor less than what are named by some theologians "Father," "Son" and "Spirit." This trinity was not established in the world until the Egyptian priest of the Sun, and the Persian magi promoted the three beings to a higher degree of potency than they originally possessed; and the conception was grasped by Zoroaster who immediately converted them into three united beings, equal and infinite in power and the same in essence and constitution.

Subsequently, these were introduced into the sacred writings of the Jews, or the Bible, more as symbolic representatives than as real doctrines to be taught and believed. But the Athanasian creed (the Christian creed) erected of them three infinite Gods equal to those of Zoroaster. In this way they termed "Father, Son, and Holy Ghost;" and it is said that the Father is infinite, the Son is infinite, and the Holy Ghost is infinite; yet these are not three, but one.

The doctrine of the trinity was thus derived from the early conception of three original beings that were supposed to have been engaged in creating the earth and man—the earth being supposed in those days to be the center of the whole Universe. And as I clearly perceive the origin of this doctrine, I hesitate not to declare that it is strictly mythos; and it is rendered no more sacred or worthy of veneration because the original fantastic conception has been so beautifully sublimated in modern days.

It is not proper that anything should be considered sacred and holy, merely because we have lost the period of its origin among the revolutions of innumerable ages. Nor should an enthusiastic veneration be cherished for the idea of the creation of anything, when in reality the term "creation" has no signification, inasmuch as the origin of every form, principle, and substance in being is owing to some prior cause. And it should be understood that cause and effect are eternally inseparable from the commencement of all causes to the accomplishment of all effects.

### THE A. B. C. OF SPIRITUALISM

by B. F. Austin, A.M., D.D.

35. Are all unreliable messages from lying spirits?

By no means. Many messages express the opinions, possibly the sincere beliefs of the spirit communications, and these are proved by future events to have been founded on misconception and error. Spiritualism has never claimed any infallibility for spirit messages.

36. Are there any other explanations of the failure of the spirit

messages and spirit prophecies to come true?

Undoubtedly there are many other explanations of the failure of spirit messages. The whole method and practice of spirit communication is still in an experimental stage. In the first place the communicating intelligence must possess clear knowledge of the facts to be transmitted. Secondly, the medium must be in perfect condition to properly receive the message sent. Then the medium must present the message perfectly to the sitter. And lastly the sitter must clearly sense and receive the message. On any of the above lines a failure is possible and through lack of perfect conditions the message as originally formulated does not reach the intelligence of the sitter. No doubt many failures (?) of spirit messages can be accounted for in this way.

37. But if Spirit advice and prophecy may prove unreliable, what benefit can men receive from them?

The same benefit that you can receive from the advice of the lawyer, doctor or earth friends. None of these are infallible and yet their counsel if often very valuable. Spirit messages have never been advocated by Spiritualism as an infallible source of guidance. All representative Spiritualist teachers urge people to gain all the advice and knowledge possible from friends in both worlds, and then determine their own conduct according to the reason and moral sense God has given them.

<sup>&</sup>quot;Each man can interpret another's experience only by his own."

In this new book are the wonderful teachings of the Old Man, which were given as progressive lessons to a class in spiritual unfoldment through the Mediumship of Richard P. Goodwin. It has been nine years since the beginning of the Old Man's instruction directly through trance-voice. Again and again we are introduced to a continuing and tantalizing series of new subjects, lovingly explained and carefully attuned to our understanding.

The Old Man (we are never told his name) is one known as a Teacher of Light. He is a fine teacher; in a hundred ways he intertwines his allegory, progressive explanation, unfolding exercises and timely references to reach many levels of individual minds. "Think more often

and think more deeply," he tells us.

In "The Living Light," he makes clear that his lessons are not dogma, creed or a narrow way, but his beautiful form of instruction to aid us in

our own individual progression.

"The Living Light" is unique, the first and fresh expression of the individual understanding of a Great Teacher from other dimensions, understanding developed in him in centuries of study in higher realms. The lessons to be perceived are not new, they are very old, but they are alive and new to certain levels of our being. This is why they are given now, in our time, for those who seek. The way is not easy, but it is beautiful. In this book, gently taught in simple, direct language is a course of study and continuous inspirational and directive reading, for the study of the unfoldment of the spirit and psychical awareness, the Divine spark in every man.

## Selected Passages:

"Indeed have the wise ones spoken from on high again and again, dear children, "Service selflessly applied again and again, again and again, will free us and illumine us from the bondage, the prisons and the disturbances of conflicting creation."

"The Living Light" is invaluable, timely, and meant for everyone.

Order now your copy of the limited deluxe first edition "The Living Light." \$10.50 per copy, plus \$.30 handling and mailing. Mail order to: Serenity Publications, P.O. Box 137, Forest Knolls, CA 94933

## The Duty of Spiritualists

'It is the sacred duty of believers in spirit communion and angelic ministrations to protect and assist, counsel and encourage, conscientious and earnest mediums; and so save them from the disgrace of being classed with unscrupulous pretenders by requiring of all exponents of the principles of Spiritualism, and all mediums who exercise phenomenal gifts, an equal degree, at least, of truthfullness, honor, fidelity, and virtue as is expected from teachers in school, colleges, and pulpits.\*

The medium who is protected by wise friends (in and out of the body) from flattery, and warned against self-conceit, is in a happy position. It is difficult, but necessary, to 'keep a level head.' The two most serious obstacles in the path of young mediums are the puffing of injudicious earthly friends, and the extravagant promises of egoistic spirits who 'fool them to the top of their bent' if they find them

pliable, ambitious, and vain.

As a general rule, to use a homely but expressive phrase, 'birds of a feather flock together,' and unless there is some point of contact (it may be temporary only) low spirits cannot attach themselves to a medium. 'Degraded persons in this life do not seek associations which offer no opportunities for the gratification of their propensities, or, if casually brought into the sphere of their superiors in morality and intelligence, they soon desist from their evil efforts if met in a spirit of kindness, and this holds good as regards the law of association between spirits and mediums.' A firm and decided, but kindly attitude, and a high-souled motive, will be a safeguard, especially when the sitters are sincere and high-minded also.

## The Responsibility of Mediums

It is important that mediums should recognize that they must share the responsibility for their utterances, and not seek to evade it by blaming the spirits. Speaking on this point, Professor Loveland says: 'I have heard mediums defend their utterances on the ground that it was not themselves but their controls who gave the objectionable language. But this will be found a poor defence in law, and a much poorer one before the bar of conscience.

\*A. Morton, in 'Psychic Studies.' (To be continued in next issue)



Cook Book Capers

by Edie Faubel

## OLD-FASHIONED SUGAR COOKIES

1 cup shortening 1 cup sugar 2 eggs, beaten 2 tsp. vanilla 5 cups sifted flour 2 tsp. baking powder

1¼ tsp. salt 1 tsp. soda

1 cup sour cream

Cream shortening and sugar. Add eggs and vanilla to sour cream. Sift together the flour, baking powder, salt and soda and add alternately with the liquid to shortening and sugar mixture. Chill thoroughly. Roll out on pastry cloth to ¼ inch thick. Cut with large cutter, sprinkle with sugar and press in lightly. Bake at 375° 15 min. Makes 100 ½ in. cookies.

#### BUTTER FINGER COOKIES

1 cup butter 5 Tbsp. powdered sugar 1 tsp. vanilla

2 cups nuts, broken

2 cups flour

Work butter, sugar and flour together in a bowl. Then add vanilla and nuts, work-in. Form into fingers and bake at 300° until set, but not brown. While warm, roll in confectioner's sugar. Cool, then roll in confectioner's sugar once again.

#### INVOCATION

O Infinite Spirit of Wisdom and Love permeating this entire universe with greatness immeasurably beyond the grasp of finite minds, reveal to us avenues through which we can better seek the true and the beautiful; and, through which we may be enabled to gain in knowledge and strength to overcome our weakness—spiritual, moral, mental or physical; and, through which we may attain happiness and come closer en rapport with the spirit world. Grant us courage and wisdom to do our duty at all times; to endure with patience the trials that beset our path; to aid others wisely and effectively; impress us to have charity and compassion for those who are weaker than ourselves; give us strength to resist temptation; bless us through the knowledge of the presence and the help of ethereal visitors, that we may fit ourselves for the company of the pure and upright, here and hereafter. Amen.

### INSPIRATION

Love and Wisdom are the handmaidens of Divinity; they give strength and righteousness to character and right direction to action and thought. To know one's self is wisdom; and to judge justly, to think purely, and to act charitably are the fruits of wisdom.

Wisdom is one of the principal things; therefore, get wisdom; for in getting wisdom thou shalt surely get understanding. Happy is the man who getteth wisdom and hath understanding, for he shall stand

before the great and mighty, calm and dauntless.

The possession of wisdom is of greater value than much silver or fine gold; and more to be desired than empty honor, fleeting place and fickle favor. Wisdom is more precious than rubies; and all the worldly things thou canst desire are not to be compared with her.

To love is to expand the affections; it is the death of selfishness. Love removeth all unkindness; therefore, love one another. Love floweth from a sweet and wholesome fountain, and blessed are they who quench their thirst thereat.

#### BENEDICTION

May effort, wisely directed, bring into your consciousness the proof of everlasting life, the joy of spirit communication and the knowledge of life in active progressive realms beyond the plane of mortality. Amen.

Busy Bees

by Bee Dorbandt

Mrs. Lydia Beecher, of Fairfax, became a member of Serenity on August 5th. Mrs. Beecher has been so faithful; helping us with our dinners, supporting the church and attending Spiritual Awareness classes. We are proud and happy to have her join us in unity of purpose. Mrs. Charles (Miriam) Bostwick will help us with our building fund

Mrs. Charles (Miriam) Bostwick will help us with our building fund by teaching a six-week course in cake decorating. These classes will be on a continuous basis, starting Wednesday, September 12th. All those who have seen Mrs. Bostwick's creations at the bake sales know how beautiful her work is. Call the church office for more information about these classes.

Serenity expresses it's gratitude to those members and friends of the church who so willingly supported the most successful Bake Sale of August 11th. Our September Bake Sale will be held on September 8th at the Novato Downtown Shopping Center, 1707 Grant Avenue, Novato. We will appreciate your donations of cakes, cookies, breads and other delectables for this event and sincerely thank you for your help.

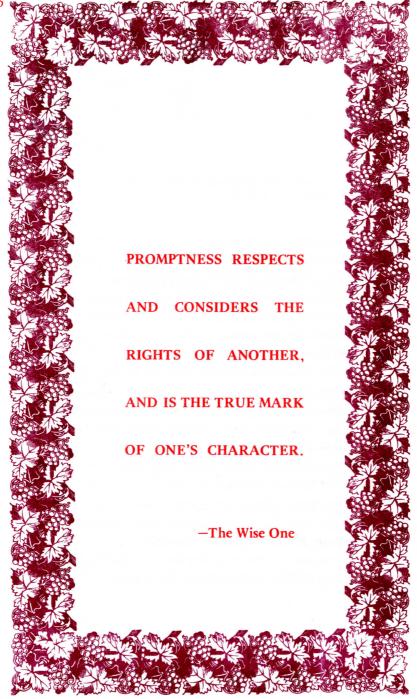
Serenity will hold the fall session of the Spiritual Awareness Classes starting September 6th. The classes are popular, so make your reservations by calling the church office or seeing a church worker on Sunday, after Devotional Services.

September 15th is the date of our next Dinner Social, "A New England Dinner." These dinners are most enjoyable — we have the golden opportunity to meet people of like minds on a less formal basis than that of Sunday Services. Please do plan to attend!

We are pleased to announce that Mr. Joseph Merrill, President of the National Spiritualist Association of Churches, will be speaking at Serenity on Sunday, September 30th. He will be accompanied by Mr. Larry Clark, a well-known medium from the east.

### DECLARATION OF PRINCIPLES

- 1. We believe in Infinite Intelligence.
- 2. We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.
- 3. We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.
- 4. We affirm that the existence and personal identity of the individual continue after the change called death.
- 5. We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.
- 6. We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."
- 7. We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.
- 8. We affirm that the doorway to reformation is never closed against any human soul here or hereafter.
- 9. We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.



### BECOMING A SPIRITUALIST

## Sanctuary by H. Gordon Burroughs

Spiritualism calls the silence the sanctuary, the place of communication with the real you and the Departed Ones. It is a mistaken idea that we enter the silence solely for the purpose of hearing from some departed friend. We enter the sacred sanctuary to communicate with the inner self, the exhaustless, everlasting eternal part of ourselvesthe I AM. This real person has always been and has passed through cycle upon cycle of manifestation, making a record of all experiences and manifesting now in this objective form.

It is in that silent sanctuary in the inner temple, in the silence wherever it may be-in a small room, out upon the mountainside, by the shore of a lake or sea-listening and hopefully praying and desiring through meditation to reach out and find self, the I AM, that we commune with the subjective self, harkening to the voice which will guide when guidance is necessary. It is in that silent sanctuary that we contact the infinite manifestation that we think of as God, entering to that degree within self that we become attuned to every vibration in God's universe, and in that sanctuary find our relationship to all things. At such times we are not actuated by dogma or creed; we are free agents, sensitive to all vibrations, with every door open that truth may flow in from God through our trained receptivity and thus make us a conscious part of life.

Most of us are not really living; we are only existing from day to day, doing the things that are necessary to be done, that seem to be of vital importance to us. If our conversation were recorded at the end of the day, how ashamed we would be of the time wasted on those things which were mere trivialities. We do not see; we do not feel; we do not

comprehend; we do not arrive.

The philosophy of Spiritualism teaches us the way to accomplish. It teaches us that we are building our spiritual temples every day. It teaches us that this temple in which we live is a physical house that will soon pass; but that all the time we are living in this house, we are also creating another temple in an invisible realm.



# Lest We Forget

Roy W. Adkins
Black Hawk
Elizabeth Clark
Frank Fogel
Richard C. Gillespie
Elena Goldkette
Frank Goldkette
Dolores Pearl Goodwin
Harold Goodwin
Isa A. Goodwin

Laura Jones
Nicholas Krivor
My father
Gilbert Nelson
Donald Parenteau
James Pearce
Poika
Christian Sinding
Ralph J. Stewart
Tony

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one dollar per name.

(Continued from Page 4)

ever outside of us that has not been caused inside of us. Let us look more deeply within ourselves and let us experience this great joy of living. There is no reason in any universe with any person to be without the good that they desire. That good waits for your recognition and your acceptance by a re-educating of our thoughts. Any rejections or denials, my friends, are within ourselves. We believe so much in the material dimension because we have so much energy directed to it. We have in truth denied the God of Gods, the One that lies within that has given us everything our hearts could possibly desire. We have denied this God because we have given that power to man and to this material dimension. We have given that great power to our bank accounts, to our houses, to our television sets, to our automobiles and to politics

and to all of those things.

I simply want to share with you the way to take that power back from things and give it to the Divine that is in yourself. The things of this dimension, this physical world, are placed here for use. The attainment of them is ever subject to your acceptance of them in thought. If you want a new car and you cannot accept the possibility of driving it, if you cannot accept that possibility and you entertain in thought that you have "X" limited amount of dollars and cents; that you will have to work so many years to get it, then you, my friends, establish that law — God doesn't! But if you have the faith and the belief in your heart, not just your head but in your heart, then, my good friends, you will experience the very thing that you accept. Let us awaken to the truth and to the freedom that waits for our experience and our expression within ourselves. It is just like in the building of this church, which is in process. I know it because it is in my heart and in my soul. I don't tell God it is going to take so many dollars and we are going to have to do this or that to get it because, then, my friends, we will get it from man and not from God. And man is lack and limitation. Recognize when you receive that you are receiving from God. You are not receiving from man and you are not indebted to man. God works through man, not to man. And when you attune yourself to that great Divinity, to that so-called God, do not reject the people that he expresses through, for the very thing that you are seeking is waiting for your acceptance. Thank you.



## My God and I

In the early morning, As dawn streaks the sky. We walk a pleasant pathway. My God and I. The stars grow dim about us As clouds swirl 'round our feet. In the place where I And my God meet. In the stillness of my soul, In the quiet of the morn, Where love, as dew, drops on the rose, And on the thorn: Walk my God and I.

-Dian Clair

## **Forget**

It is better to forget the things that hurt us. And to live each day and take whatever comes. With the hope that by tomorrow There will come a balm for sorrow And help to master life's important sums! There's a strength comes to us every time we suffer, And our will grows stronger every time we fight. Let us then be doubly grateful For the things that disappoint us: They only come to lead us to the light!

-Helen Mocksett Stork

## Poet's Pen

**Teachers** 

The eye-it cannot choose but see: We cannot bid the ear be still: Our bodies feel, where'er they be, Against and with our will.

Nor less I deem that there are Powers Which of themselves our minds impress: That we can feed this mind of ours In a wise passiveness.

One impulse from a vernal wood May teach you more of man, Of moral evil and of good, Than all the sages can.

-William Wordsworth

## Faith and Works

If faith produce no works, I see That faith is not a living tree: Thus faith and works together grow; No separate life they e'er can know; They're soul and body. hand and heart-What God hath joined, let no man part.

-Hannah More

## **FABLES FOR YOUNG AND OLD**

### THE DONKEY AND THE LAP DOG

Once a farmer went to his barn to see his favorite donkey, a great big shaggy gray animal, who was eating hay in a stall. Now the Donkey loved his master and as soon as he saw the man, he brayed. "Good morning, yourself," said the man. But, just at that moment a dog, a little teeny, tiny Lap Dog, came running out to the barn and began to frisk and leap and lick his master's hand. "Hello, my pretty," said the Farmer. And he sat down on a bench, took the Dog up on his lap and began to pet and stroke him. Well, this was too much for the Donkey; he wanted the very petting the little Lap Dog was getting. So the Donkey said to himself, "I do all the hard work while that little dog gets petted and hasn't a thing to do. If I want the master to love me, I'll have to act like a lap dog." And all of a sudden that Donkey, that great, big, lumbering Donkey broke loose from his halter and began to caper about and frisk and dance and prance just like a little lap dog! He knocked over a pail of water! He banged into the master's bench. He upset a milking stool as he mimicked the little dog. "What on earth are you doing?" the master howled in surprise while the little Dog ran in a fright. Then the great, big, clumsy Donkey came leaping and jumping along and suddenly sat himself down right on the farmer's lap, just as the Lap Dog had done. "I want to be petted," he said. The Farmer began to laugh. "You great, big clown!" he cried. "Go back to your stall and eat hay! If you want me to love you, you must be yourself and not act like anyone else." And he led the Donkey back to his stall and stroked and petted him. "You're no good when you play the lap dog but you're a wonderful donkey," he said.

"If you want to be miserable think about yourself, about what you want, what you like, what respect people ought to pay you and what people think of you."

-Charles Kingsley



# Serenity Books

## SPIRITUALISM AND RELATED SUBJECTS

"HANDBOOK TO HIGHER CONSCIOUSNESS' by Ken Keyes, Jr	2
"THIRTY YEARS AMONG THE DEAD"	
by Carl A. Wickland, M.D\$6.9	5
"CATECHISM OF SPIRITUAL PHILOSOPHY" by W. J. Colville	5
"UNFINISHED SYMPHONIES"	
by Rosemary Brown	0
"THE 'WHYS' OF SPIRITUALISM"	N.
by Edwin B. Morse	5
"HOW TO GET ALONG WITH TROUBLESOME PEOPLE" by Dr. Frederick Bailes	0
"ON THE EDGE OF THE ETHERIC"	
by Arthur Findlay\$3.6	
ook lists available on request. Make check or money order payable erenity Spiritualist Association, P.O. Box 137, Forest Knolls, CA 949 Please add \$.30 per book for postage and handling.	

## **EVER-RECURRING QUESTIONS**

by Andrew Jackson Davis

QUESTION: "Are there any more spirits now than there were a million years ago? If so, will not the universe eventually be filled with spirits? And if there are no more, what becomes of them?"

ANSWER: Your important questions require a more elaborate consideration than we can just now bestow upon them. They are the ever-rising queries of mind when it begins to work from mathematical premises for the ascertainment of truth.

Suppose we put your questions thus: "Are there any more truths now than in any previous age? Answer, yes. Are there any more truths individualized to-day than in any previous age? "If this be so, will not the whole universe be filled with individualized truths?" Answer, yes. And yet, with respect to quantity and essence, there will then be no more truth than there was in the remotest cycle of Eternity—for God lives through all Nature, and Nature lives in the Omnipresent life of God—being in quantity and essence unchangeable, "the same yesterday, to-day and forever."

QUESTION: "Do not persons whose earthly lives have been terminated suddenly, as by a steamboat disaster or the falling of factories, suffer as much as those who terminate their earthly existence by means of suicide?"

ANSWER: Persons who die by sudden accident do not suffer intellectually and morally, because their misfortune is purely physiological and physical, (the same in this respect as that of the suicide); while the deliberate or desperate taking of one's own life is attended, in the other world, with the superaddition of all the intellectual disqualifications and moral darknesses which were antecedent to, and consequent upon the state that led to the ignoble act. No individual can go self-sent and abruptly into the Spirit Land, without ultimately discovering the secret cause of the deed to have existed within his own mental constitution. This is certain, no matter how great the earthly provocation which primarily induced the person to consummate the act. It is the vivid consciousness of this individual unworthiness, that, for a lengthened period in the other life, causes the regrets and sufferings of the suicide.

## (Continued from Page 5)

complex way to produce your perceptions the 'picture' you create — from the energies you receive through your various senses from people and things around you. Your perceptions are thus a joint phenomenon of the observer and the observed."

As the reader comes to realize this, he is provided with "twelve pathways to higher consciousness," individual affirmations through which he may "reprogram" his thinking and conceptions of himself and others and so elevate his consciousness to a higher center. The pathways deal with "liberating of the conscious awareness," "being here and now" and "interacting with others."

Physiology and the mechanics of the thinking process are touched upon in a most revealing diagramming of the odds for happiness, unhappiness and bliss for any given basic "programming." Those readers well into the biological nature of man may find some stimulation for further investigation into these areas.

Though in its third printing run, the book still suffers from some rough edges technically — misspelled words, etc. It is written in the "now generation" language, a factor which will undoubtedly move its message straight to the point for the typical reader attracted to the book. The language and metaphors may prove somewhat abrasive to the more conservative reader, though admittedly only because those are what we of the "more conservative set" have programmed into our "biocomputer" as abrasive.

Any possible trespasses of this little book are easily forgiven, however, as in its essence is a key to love and peace for any reader who cares to make the effort to seek within himself. Ken Keyes, Jr., Handbook to Higher Consciousness: Excellent.

## (Continued from Page 5)

complex way to produce your perceptions the 'picture' you create — from the energies you receive through your various senses from people and things around you. Your perceptions are thus a joint phenomenon of the observer and the observed."

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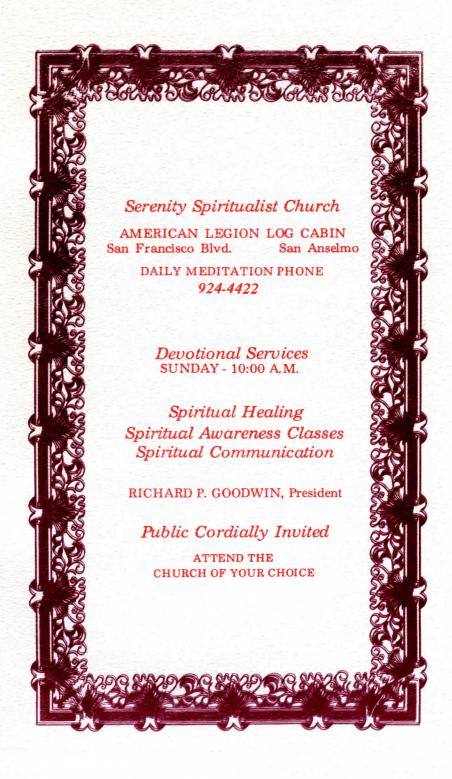
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